

# Life is challenging. We can *help.*

We're your GuidanceResources® program.

Talk to us for the tools you need to handle any of life's challenges, big or small.



## Our Services:



### Confidential Counseling

- Anxiety, depression, stress
- Grief, loss, life adjustments
- Relationship/marital conflicts



### Work and Lifestyle Support

- Child, elder, and pet care
- Moving and relocation
- Shelters, government assistance



### Legal Guidance

- Divorce, adoption, family law
- Wills, trusts, estate planning
- Free consultation and discounted local representation



### Financial Resources

- Financial planning, retirement, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy



### Digital Tools and Support

- Immediate connection to counseling, work-life support, and more
- Personalized guided behavioral health and well-being programs
- Interactive articles, videos, on-demand trainings, digital self-care tools
- Accessible resources for anxiety, stress, mindfulness, sleep, and more

Confidential  
24/7 support,  
when and where  
you need it.

Call 833.515.0771 to speak to a highly trained, caring professional.

Go to [guidanceresources.com](https://guidanceresources.com) and enter your company ID: SONMEAP

Assistance is always confidential. View our privacy notice at [guidanceresources.com/privacy](https://guidanceresources.com/privacy)



Live  
Assistance

Call: 833.515.0771

App: GuidanceNow<sup>SM</sup>

Online: [guidanceresources.com](https://guidanceresources.com)

TRS: Dial 711

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